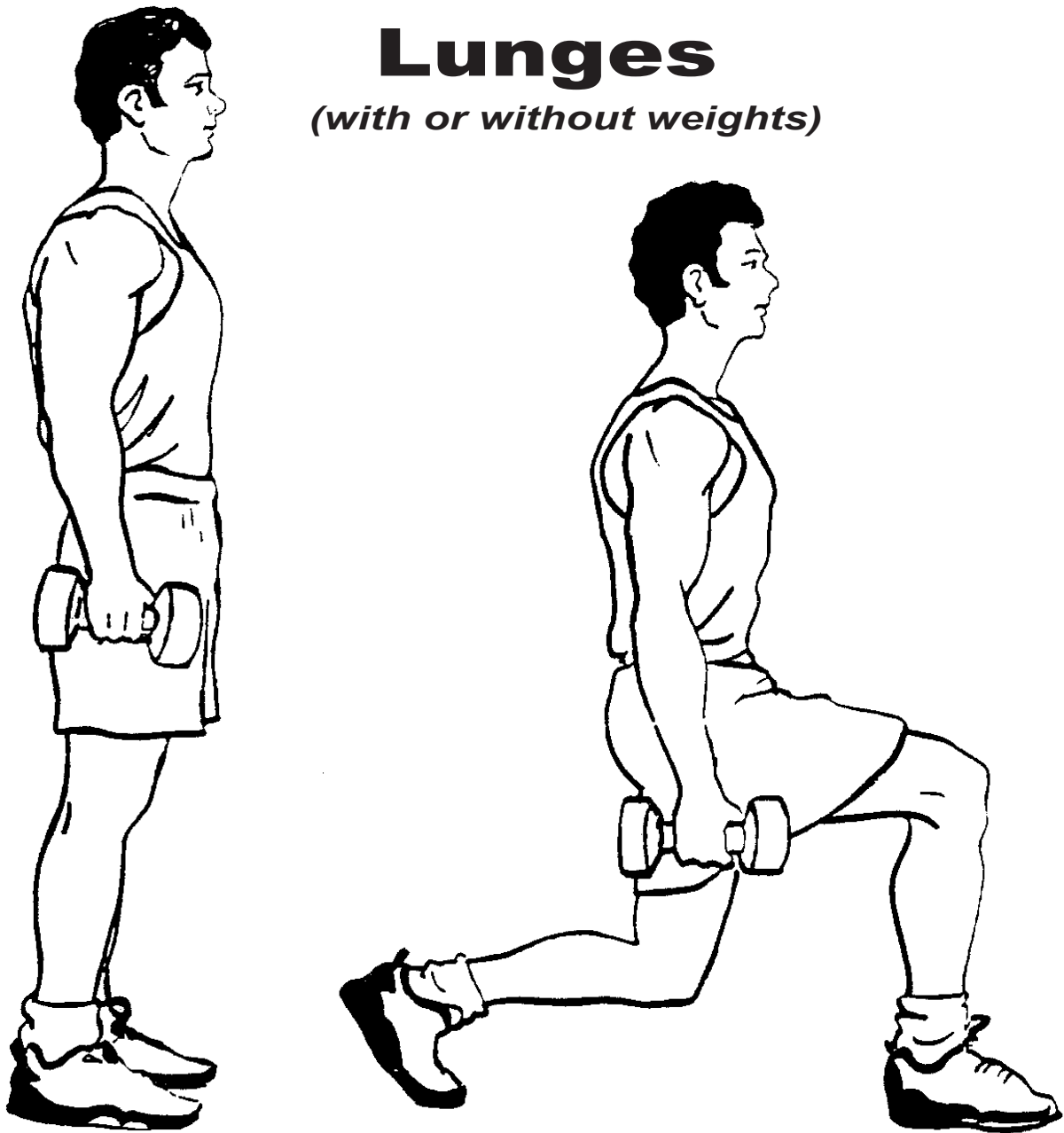


Lunges

(with or without weights)



Stand with your feet together; take one **LARGE** step forward with your right foot. Lower your hips to the floor by bending your knees (the front knee should have a 90° angle when low to the ground). Slowly return to the starting position; repeat 10 times. Repeat with the left leg.